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news:

Hi everybody, I hope things are going well for you all, personally and creatively. Lots of you are having wonderful successes and breakthroughs in your creative work...people are applying for galleries- and getting them, group shows, residences overseas, winning prizes, getting accepted into the Churchie, not to mention creating fabulous and fantastic work. Summer and all that awful heat have now passed and these cooler months, coming up, are great creative time. So get to it...

I apologize for the delay since the last newsletter... settling back in after being six months overseas was harder than I imagined. But I'm well settled now, and artmilk's newsletter is including some new info this time around, a section on inspiring quotes, information about new blogs, great art organizations and a few affirmations to help you spot where your squirm factor is stuck at.. for instance if saying ..'I am a great and inspired artist'... makes you turn green and fall in a fit of giggles behind the fridge, perhaps that's an area you need to work on...artmilk will also from now on include articles on aspects of art or creative life.

The Churchie Art Award is on again and I'm please to say a number of artists associated with artmilk have been accepted with their work hanging on the wall now as I write. The Sydney Biennale is starting in a few weeks and it is always an exciting and interesting huge show. I'm taking a group of interested people

down to see it, to look at galleries and to talk art for 4 whole days!! so let me know if you would like to be included.

Please keep me posted re your news I am always interested in hearing what your up to. I there are particular areas of interest that you would like included in this newsletter, same goes, just drop me a line...be wildly creative whether you paint, write, draw, sew, stick, rip, tear, photograph, sew or sculpt...

A handwritten signature in dark ink, appearing to read 'Majera', with a long, sweeping underline.

artists contact list:

artmilk is putting together a contact /mailing list that artists can contribute to and share and use for gallery invites, professional contacts etc...if you would like to be part of this venture please send in your info to info@artmilk.com.au. The list will include galleries, curators, art patrons and collectors, relevant art journals, designers and architects...

inspiring quotes:

heres some juicy quotes related to the process of making creative work and creative life to inspire you

You may be disappointed if you fail, but you are doomed if you don't try
Beverly Sills

Life shrinks or expands in proportion to ones courage
Anais Nin

In the middle of difficulty lies opportunity
Albert Einstein

Anxiety is a fuel. We can use it to write with, paint with work with
Julia Cameron

It's a funny thing about life: if you refuse to accept anything but the best, you very often get it
Somerset Maugham

If you follow your bliss, you put yourself on a kind of track, which has been there all the while, waiting for you, and the life that you ought to be living is the one you are living
Joseph Campbell

icon workshop:

**Introduction to Icon Painting Weekend Workshop 17-18 June 2006
Using the traditional skills and materials of egg-tempera, gold-leaf and plaster panels**

Icon paintings are beautiful objects, full of light and exquisite colour. While making them is a very ancient art dating back to the 9th century, the techniques, using original recipes and pigments, are very easy to learn. In this weekend workshop an instruction will be given to everything you need to know to create your own icons.

Focus will be on learning the necessary techniques, how to model form, use the paint, colour mixing and applying gold leaf. Your icons will be created on plaster panels that you can carve or embellish to echo the texture of the oldest icons. Both traditional icons and contemporary ones can be used as models for your own original work. No previous painting experience necessary...no really!!

Cost of \$290 (includes some materials and gold leaf for one panel)

To book a place in this workshop or for further information please contact majena on 33531741 or email her at info@artmilk.com.au

Sydney Biennale and Gallery Tour:

22-25 June 06

Artmilk is conducting a 4 day guided tour to the Sydney Biennale's huge show called 'Zones of Contact', that also includes a trip to Sydney's commercial galleries and artist hire spaces.

The Sydney Biennale is a premier and huge, exciting and inspiring international art show made up of a wide range of contemporary artists working in many exciting and innovative mediums. Work is shown all over Sydney, not just in the NSW Art Gallery. Discussions about the work on show will be conducted in front of the art, very informative! Their website featuring Great stuff is www.biennaleofsydney.com.au/

The trip also offers a tour of a range of good contemporary commercial galleries, and artist's hire spaces that would be suitable for Brisbane artists looking for shows and representation in Sydney. It is important for emerging artists to be aware and take advantage of the exhibition opportunities available interstate. Discussion about the steps involved in securing such spaces and the assessment of the appropriateness of those available for particular work will be highlighted.

Costs to be advised (depending on numbers). For inquiries and bookings please contact majena on 33531741 or email info@artmilk.com.au

******next session's classes taking bookings now****:**

advanced studio classes 11 july - 29 august. tuesday mornings 9.30-12.30

These ongoing classes offer emerging artists feedback, support, inspiration and information about their own and others contemporary art practice with an emphasis on professional development. Learn how to develop a strong body of work, overcome hurdles in your practice, learn to research, understand contemporary issues, develop promotional material, CV's, artists statements, an artist's folio, etc. and learn how to discuss artwork in a fun and supportive studio environment. Costs 330.00. To book or make enquiries please contact majena on 33531741 or email info@artmilk.com.au for information and bookings.

web sites:

Here are a collection of great web sites to inspire and inform...

Great big museum site, fabulous art...<http://www.moma.org/>

Fuel 4 Arts... marketing tools <http://www.fuel4arts.com/>

Bake Religious Art prize <http://www.blakeprize.com>

Stencil Art /Graffiti www.stencilrevolution.com

New York picture collection library, good for research
<http://digital.nypl.org/mmpco/>

American Folk Art Museum <http://www.folkartmuseum.org/default.asp?id=1266>

And Artists on the web...

Fornasetti <http://www.fornasetti.com/>

Bill Viola at SMOMA Museum

http://www.sfmoma.org/espace/viola/dhtml/content/fr_menu_dhtml.html

Marion Peck...cute!! www.marionpeck.com/editions/kittens.html

feature article ...on developing a practice and promotion:

From my own personal experience and the experience of working with 100's of aspiring artists, I have found it seems to be necessary to lay strong foundations, to keep focused and achieve personal and ultimately commercial success. Below is a list of 5 simple foundations that help support, nurture and creatively build an artist's life. Are aspects of these missing in your creative life?

5 FOUNDATIONS TO BUILDING AN ART PRACTICE

1) KNOW YOURSELF. YOU ARE THE MOST IMPORTANT ELEMENT IN YOUR ART, because art is an expression of how you see and feel about things. You are more important than technique, SO...ask yourself, what are you passionate about? What do you like, re ideas, interests, materials etc get to know this in GREAT DETAIL. Don't worry about why you like something.

2) Record the list of things you are interested in, in a blank paged (no lines) ARTIST JOURNAL. ...extend your knowledge of each entry by collecting images, doodles and sketches, articles and information on your areas of interest. Research artists who are interested in the same ideas you are...how do they express them...stick images of work in journal. Make notes of what you like/dislike about these works. From this research make a list of ideas for your future works, the things you want to try, buy, books, techniques, etc.

3) PLAY with the ideas you are interested in...if you like color explore that or line or ideas what ever...do dozens and dozens of test paintings and drawing...NOT FINISHED WORKS...these are just elements that will build to make work after a period of time.

4) STUDIO. Set up a place to work. This can be a room or a corner in a room a table is a good thing to have. Surround yourself with art materials and books and images that inspire you. Go there to sit and read, to research, play, day-dream and to work. Fix the space up so it works for what you as an individual artist need. If you do not have the space, make a box with all your inspiring things in. Visit this box as your portable studio.

5) THINK CREATIVELY. Get to know your inner critic and your creative intuitive side. Consciously and enthusiastically encourage the creative aspect of your self to grow and flourish and remember thinking negatively will have a big impact on your development. So...remember terms like, GOOD or BAD ARE SUBJECTIVE!!!! Not real. DON'T MAKE WORK TO PLEASE OTHERS EVER!!!! And finally the most important DON'T SENSOR ANYTHING!! EVER!!

outsider art and surrealism blogs starting soon:

Among artists and writers I teach and mentor there is allot of interest in two areas, contemporary outsider art and surrealism. I am beginning two blogs that will feature information on both these areas soon. Blogs are very flexible web sites that are very easy to post information and images on...so keep a look out. If you have things you would like to include please let me know. Below are lists of websites that relate to outsider or visionary art as it is sometimes called.

Raw Vision Magazine an outsider artist's web site...

<http://www.rawvision.com/>

Wonderful art at the American folk museum <http://www.folkartmuseum.org/>
Sardine Art great art site <http://www.sardine.ch/apropos.php?id=en>

great art organizations:

artworkers- great organization

Artworkers offer heaps of services for Brisbane artists. Established in 1986 to address the professional and financial concerns of visual artists, today it offers a comprehensive range of services to promote professional development and facilitate employment opportunities for artists and artworkers.

One of the wonderful things it offers is an artist's referral service with web images available to the public, but it offers heaps of other services as well...for information contact them at Level 1381 Brunswick Street Fortitude Valley Brisbane Qld. 4006 ph. 3215 0850 info@artworkers.org
www.artworkers.com.org

BEMAC- great organization

Brisbane Multicultural Arts Centre or BEMAC advocates and works to establish cultural diversity through the arts, and offers arts and community cultural development services to culturally diverse artists, arts groups and communities. It is a Resource Centre for culturally diverse artists, arts workers, community cultural development workers, arts and cultural organizations, communities and community organizations, and is committed to improving access for artists and others working to create culturally diverse arts and cultural practice - to employment, training and other opportunities for development and support.

Committed to supporting migrant and refugee communities from a non-English speaking background, in their own arts and cultural development, BEMAC is a very good and culturally good source of support for artists.

Brisbane Multicultural Arts Centre Inc. is located at 'Yungaba' 120 Main Street, Kangaroo Point, Brisbane info@bemac.org.au. <http://www.bemac.org.au>

artmilk mentoring for individual artists:


artmilk mentoring is a unique service that assists artists to focus and develop their creative practices, solve problems they might be having both technical or conceptual, prepare portfolios, artist statements and other support material, supports in the process of obtaining gallery representation, applying for grants and scholarships, working with dealers and developing short and long term artistic goals. Mentoring for artists is a very efficient tool for those seeking professional creative development and launching rich artistic careers. **artmilk** also offers a portfolio of other art resources. You can find out more about artmilk mentoring by phoning Majena Mafe on 33531741 or email info@artmilk.com.au or visit the website www.artmilk.com.au for more information

affirmations for boosting creativity:

Affirmations are a useful method of "programming" your mind to act in a

particular way. These affirmations collected from a number of sources can be printed on 3" x 5" index cards and carried with you during the day or set up in your studio area on huge poster size fluro flashing signs...so you can see them when you are working. Make it a habit to read them through regularly; better yet start to believe them.

- I am a brilliant and successful artist.
- It is in my nature to be creative
- My work receives financial appreciation
- My work is appreciated by my peers
- I am tolerant of the ambiguity in creative problems.
- I consider many possible solutions from many diverse sources.
- I deserve a rewarding creative life.
- I have a constant flow of new and interesting ideas.
- I have an unusual ability to reach creative decisions and to find creative solutions for problems.
- I play with partial, incomplete and sometimes foolish ideas.
- I trust my feelings and unconscious thoughts.
- I am great



Thank you I hope you like your newsletter!! If you or a friend would like to add someone new to my monthly email news listing again just drop me a line...If you would prefer not to receive this newsletter please email me and I'll take you off artmilk's list.

For further information and bookings, contact Majena Mafe at **artmilk** on (07) 33531741, or email: info@artmilk.com.au web address for information is www.artmilk.com.au